

GRADE 12 PHYSICAL SCIENCES MARCH TEST

QUESTION 1

Various options are provided as possible answers to the following questions. Choose the correct answer and write **ONLY** the LETTER (A-D) next to the QUESTION NUMBER (1.1-1.7) on your folio paper. Example 1.8. D.

- 1.1 Which of the following pairs of compounds contains members of the same homologous series?
- A Ethanol and butane
 B Ethanol and propanoic acid
 C Ethanol and propanal
 D Ethanol and butanoic acid
- 1.2 In which of the following cases would the resultant force acting on an object be equal to 0N.



- A An object moving with constant acceleration.
 B An object moving with constant speed in a straight line.
 C An object moving with constant speed in a circular path.
 D An object moving with constant acceleration.
- 1.3 Which of the statements below best describes Weightlessness?
- A An object moves at constant velocity through the air.
 B An object moves with constant velocity through the air.
 C An object moves with constant velocity through the air.
 D An object moves with constant velocity through the air.
- 1.4 The inertia of an object...
- A increases as the object's velocity increases.
 B increases as the object's mass increases.
 C increases as the object's acceleration increases.
 D increases as the object's speed increases.

- 1.5 An astronaut has a weight E_E on Earth. What distance, in terms of the radius of the Earth (r), will the astronaut be if his weight is a 1/4 of his weight (E_E) on the surface of the Earth?
- A r
 B $2r$
 C $4r$
 D $16r$

- 1.6 A box is pushed forward with a force of 100N but does not move. A possible reason for this is that:
- A The box is too heavy.
 B The box is too light.
 C The box is too smooth.
 D The box is too rough.
- 1.7 A box is pushed forward with a force of 100N but does not move. A possible reason for this is that:
- A The box is too heavy.
 B The box is too light.
 C The box is too smooth.
 D The box is too rough.

[14]

QUESTION 2

Three organic compounds (A, B and C) with different functional groups are given below.

A: 2,3-dimethyl-2-one



C: $\text{CH}_3\text{CH}_2\text{CH}_2\text{CH}_2\text{OH}$

- 2.1 Write down the functional group of compound C and name the cation to form such a variety of organic compounds. (2)
- 2.2 Define the term functional group. (2)
- 2.3 Write down the:
 2.3.1 IUPAC name of compound A. (2)
 2.3.2 IUPAC name of compound B. (2)

Grade 12 Physical Science Paper 1 Controlled Test 2014

Dale Avers, Rita Wong



Grade 12 Physical Science Paper 1 Controlled Test 2014:

NSCA's Guide to High School Strength and Conditioning NSCA -National Strength & Conditioning Association, Patrick McHenry, Mike Nitka, 2021-11-01 The need for qualified high school strength and conditioning professionals has never been greater Whether following the framework for long term athletic development or teaching weight training as a lifelong fitness activity you need to offer both the environment and instructional skills to safely develop strong student athletes NSCA's Guide to High School Strength and Conditioning will equip you to deliver the highest quality program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator Written by a team of contributors within the world renowned National Strength and Conditioning Association NSCA's Guide to High School Strength and Conditioning summarizes the primary duties and responsibilities of the various positions and roles that contribute to developing a safe and effective program It provides insights into the benefits of offering a strength and conditioning program at the high school level and offers advice for the implementation of such a program Examples are also provided for strength and conditioning related PE curriculums to demonstrate how those types of programs can work and how they connect to the SHAPE America national standards and grade level outcomes The text is loaded with information that can be practically applied to any high school program You will learn the variables to consider when designing a resistance or cardiovascular training program and 13 detailed protocols for conducting assessments so you can objectively evaluate movement and performance Detailed exercise descriptions include beginning position movement phases breathing guidelines modifications and variations and coaching tips The descriptions along with accompanying photos teach proper technique for 28 common resistance training exercises 10 bodyweight exercises 12 anatomical core exercises 11 static and dynamic stretching exercises 12 plyometric exercises 10 speed and agility drills and 5 cardio machines Sample warm up sequences and exercise sessions for resistance plyometric speed and agility cardiovascular and circuit training are also provided all of which follow the programming guidelines and recommendations for high school student athletes NSCA's Guide to High School Strength and Conditioning includes the evidence driven information that will help any high school strength and conditioning professional including both coaches and teachers to become the best practitioner possible This valuable resource is one that you will turn to for many years to come as you build a solid strength and conditioning community for your student athletes Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam Organization and Administration of Physical Education Jayne D. Greenberg, Judy L. LoBianco, 2025-03-11 The revised SHAPE America National Physical Education Standards are defining physical education PE programs providing the framework for students physical literacy journeys Organization and Administration of Physical Education Theory and Practice Second Edition With HKPropel Access incorporates the revised

standards making it the text administrators need to learn how the standards affect curriculum development and implementation of a successful PE program This edition is thoroughly updated by two award winning educators Jayne Greenberg and Judy LoBianco who are joined by a sterling list of contributors who have taught at every education level in urban suburban and rural settings In this second edition the roles and responsibilities of PE administrators are examined through theoretical and practical lenses Beyond incorporating the revised PE standards and the latest research throughout other enhancements to this edition include the following An expanded technology chapter that addresses equity and the digital divide remote learning virtual and augmented reality and artificial intelligence A more comprehensive chapter on teacher and program evaluation A new chapter on social emotional learning SEL with connections between content pedagogy and practices A new chapter on diversity equity and inclusion that provides culturally responsive teaching approaches to elevate the participation of underrepresented teachers and students New content for physical education department chairpersons The result is an essential manual for future and current administrators in PE leadership positions who want to acquire new skills in the primary six areas of responsibility Part I explores leadership and management styles and presents practical theories of motivation development and planning for the essential components of a quality PE program In part II readers examine various curriculum instruction and assessment models and get guidance on planning special events Part III helps administrators plan new school facilities or renovate existing ones and it presents contemporary concepts in universal design and sustainable environmental design It also offers ideas on how to incorporate technology including developing online PE courses Part IV explores communication legal issues and human resources so administrators can learn how to advocate for their programs Part V explains the fiscal responsibilities inherent in administrative positions and shows how administrators can secure independent funding offering many examples of grants and fundraising opportunities with sample grant applications Part VI new to this edition explores the integration of content and pedagogy with SEL practices It also offers legal and practical strategies to enhance the involvement of those who are underrepresented in PE Each chapter also includes sidebars from professionals who share tips and insights on successful program implementations To further enhance practical application readers have online access to downloadable forms checklists and other supportive materials Published with SHAPE America this text offers the solid foundational theory and practices needed for today s challenges in PE administration Note A code for accessing HKPropel is included with this ebook

Occupations of Federal White-collar Workers ,1957

Graduate Programs in the Biological/Biomedical Sciences & Health-Related Medical

Professions 2014 (Grad 3) Peterson's,2013-12-20 Peterson s Graduate Programs in the Biological Biomedical Sciences Health Related Medical Professions 2014 contains comprehensive profiles of nearly 6 800 graduate programs in disciplines such as allied health biological biomedical sciences biophysics cell molecular structural biology microbiological sciences neuroscience neurobiology nursing pharmacy pharmaceutical sciences physiology public health and more Up to date data

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Effective Strategies for Promoting Health-Enhancing Children's Physical Activity Stevo Popovic,Radenko M. Matic,Kostas Alexandris,Irena Valantine,Ivana M. Milovanovic,2022-08-29

Modeling and Measuring Competencies in Higher Education Olga Zlatkin-Troitschanskaia,Hans Anand Pant,Corinna Lautenbach,Dimitar Molerov,Miriam Toepper,Sebastian Brückner,2016-11-01 This publication focuses on competency orientation in higher education illustrating international assessment practices for measuring student learning outcomes For Germany the Modeling and Measuring Competencies in Higher Education KoKoHs research program contributes exemplary approaches and solutions to current challenges in higher education KoKoHs models and tests can be used for entrance examination formative and summative assessment of domain specific and generic competencies and as a basis for developing new teaching and learning tools and formats promoting these competencies

Resources in Education ,1990

Guccione's Geriatric Physical Therapy E-Book Dale Avers,Rita Wong,2019-10-24 Selected for Doody's Core Titles 2024 in Physical Therapy Offering a comprehensive look at physical therapy science and practice Guccione's Geriatric Physical Therapy 4th Edition is a perfect resource for both students and practitioners alike Year after year this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam And this new fourth edition only gets better Content is thoroughly revised to keep you up to date on the latest geriatric physical therapy protocols and conditions Five new chapters are added to this edition to help you learn how to better manage common orthopedic cardiopulmonary and neurologic conditions become familiar with functional outcomes and assessments and better understand the psychosocial aspects of aging In all you can rely on Guccione's Geriatric Physical Therapy to help you effectively care for today's aging patient population Comprehensive coverage of geriatric physical therapy prepares students and clinicians to provide thoughtful evidence based care for aging patients Combination of foundational knowledge and clinically relevant information provides a meaningful background in how to effectively manage geriatric disorders Updated information reflects the most recent and relevant information on the Geriatric Clinical Specialty Exam Standard APTA terminology prepares students for terms they will hear in practice Expert authorship ensures all information is authoritative current and clinically accurate NEW Thoroughly revised and updated content across all chapters keeps students up to date with the latest geriatric physical therapy protocols and conditions NEW References located at the end of each chapter point students toward credible external

sources for further information NEW Treatment chapters guide students in managing common conditions in orthopedics cardiopulmonary and neurology NEW Chapter on functional outcomes and assessment lists relevant scores for the most frequently used tests NEW Chapter on psychosocial aspects of aging provides a well rounded view of the social and mental conditions commonly affecting geriatric patients NEW Chapter on frailty covers a wide variety of interventions to optimize treatment NEW Enhanced eBook version is included with print purchase allowing students to access all of the text figures and references from the book on a variety of devices

Towards a Psychophysiological Approach in Physical Activity, Exercise, and Sports Pedro Forte, Daniel Leite Portella, Diogo Monteiro, José Eduardo Teixeira, 2023-10-30 In recent years there has been an increase in interest in mental health disorders as a result of mediatic coverage of Olympic athletes mental health struggles and also due to the COVID 19 pandemic lockdowns These phenomena helped to further exacerbate a problem already extensively present in sport and society Therefore applying a psychophysiological approach to physical activity exercise and sports research has become very popular Indeed mental fatigue and mental disorders are not only psychological in origin but also require an explanation from a psychophysiological perspective due to the effective interconnection between the psychological and physiological dimensions Psychological variables can also influence performance and the psychophysiological system has a strong effect on the control of physical capacities Moreover pacing behaviour decision making self regulation and effort perception can also explain the role of the brain in physical activity and exercise management Thus the aim of this Research Topic is to share the impact of a psychophysiological approach in physical activity exercise and sports

Nuclear Science Abstracts ,1958

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